

FOR IMMEDIATE RELEASE

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Glen Alex Joins Alta Wellness Center Faculty

Author of Living In Total Health and Health Advocate, Glen Alex, joins the faculty at Alta Wellness Center.

Las Vegas, NV – January 11, 2018 – Glen Alex takes her experience in health and wellness, including published book Living In Total Health, Clinical Social Work, and Massage Therapy in to the classroom, as she joins the faculty Alta Wellness Center. Glen is currently scheduled to teach Procrastination/Time Management and Resilience/Overcoming Setbacks.

Alta Wellness Center provides professional support and guidance e to assist members in reaching their goals and potential. A wide variety of cost-effective educational classes, interactive support group sessions, and yoga classes are offered to members throughout the week.

"We are very excited that Glen Alex has agreed to join our team of support group facilitators. Glen's deep experience in the health and wellness field will be extremely beneficial to our class participants." Asher Adelman, CEO Alta Wellness Center

About Glen Alex:

She is an author, a professional speaker, clinical social worker, massage therapist, and the executive director of G. Alex Foundation. She has published the biannual newsletter, *The Massage Advantage*, for over ten years, been published in *The Journal of Community Practice*, and developed an anger management program for women who are violent. Glen has more than twenty-five years of professional experience in healthcare and is on a lifelong pursuit for health. Currently, Glen lives in Las Vegas, Nevada. When she is not working in one of her many careers, Glen enjoys playing tennis, working out, and spending time with loved ones.

For more information about Living In Total Health, please visit: www.livingintotalhealth.com or email Glen at glen@livingintotalhealth.com.

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